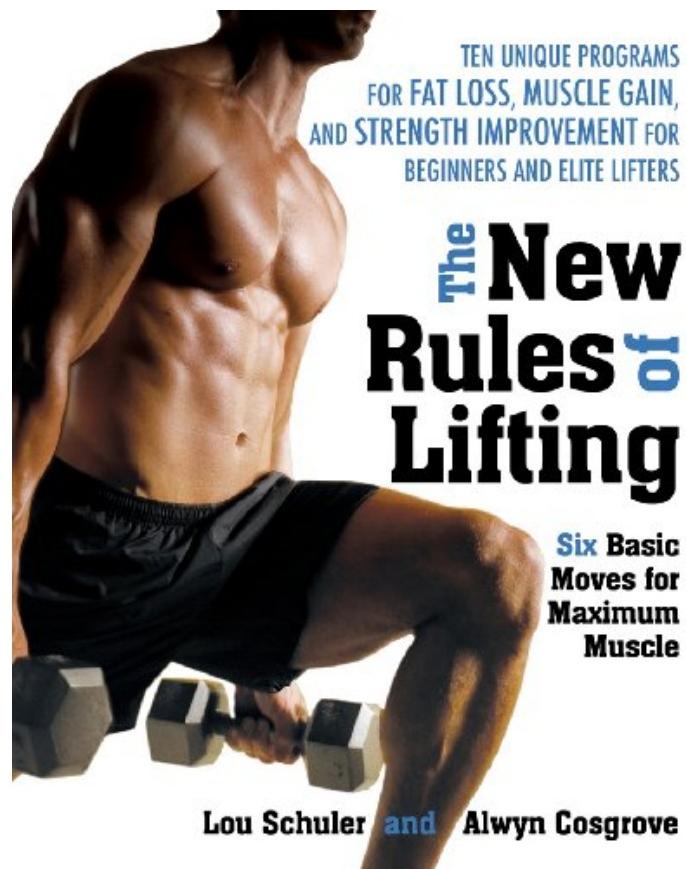


The New Rules of Lifting: Six Basic Moves for Maximum Musclepdf by Lou Schuler



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